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## Apple pie from page D1

See related story on Taste front. The following pie is appropriate for diabetics.

### APPLE PIE

Pasty for double crust 9-inch pie (see Reduced Fat Pie Pastry below)

3 tablespoons cornstarch

7 1/4 teaspoons Equal for

Recipes or 24 packets

Equal sweetener or 1 cup

Equal Spoonful

3/4 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/4 teaspoon salt

8 cups sliced, cored, peeled

Granny Smith or other baking

apples (about 8 medium)

Roll half the pastry on floured surface into circle 1 inch larger than inverted 9-inch pie pan. Ease pastry into pan.

Combine cornstarch, Equal, cinnamon, nutmeg and salt; sprinkle over apples in large bowl and toss. Arrange apple mixture in pie crust.

Roll remaining pastry into circle large enough to fit top of pie. Cut out hearts from pastry with cookie cutters. Place remaining pastry on pie; seal edges, trim and flute. Press heart cut-outs on pastry. Bake in preheated 425°F oven until pastry is golden and apples are tender, 40 to 60 minutes. Cool on wire rack.

Makes 8 servings.

Nutritional information per serving: 246 cal., 2 g pro., 40 g carbs., 10 g fat, 10 mg chol., 193 mg sodium. Food Exchanges: 1 Fruit, 1-1/2 Bread, 2 Fat.

Recipe courtesy of The NutraSweet Company.

### REDUCED-FAT PIE PASTRY (DIABETIC)

1 1/4 cups all-purpose flour

1 teaspoon Equal for Recipes

or 3 packets Equal sweetener or 2 tablespoons

Equal Spoonful

1/4 teaspoon salt

4 tablespoons cold margarine, cut into pieces

5 to 5 1/2 tablespoons ice water

1. Combine flour, Equal and salt in medium bowl; cut in margarine with pastry blender until mixture resembles coarse crumbs. Mix in water, 1 tablespoon at a time, stirring lightly with fork after each addition until dough is formed. Wrap and refrigerate until ready to use. Makes pastry for one crust 9-inch pie. (Double recipe for double crust or lattice pies.)

Nutritional information per serving (based on 1/8 pie): 123 cal., 2 g pro., 16 g carbs., 6 g fat, 0 mg chol., 134 mg sodium. Food Exchanges: 1 bread, 1 fat.

Recipe courtesy of the NutraSweet Company.

## Vegetarian from page D1

After she returned home after being away for several weeks at the school, she ate a hamburger or a steak, but felt ill afterward. That's when she decided to become a full-time vegetarian, she said. "That didn't go over real well with (my grandfather)." "I just felt better," she said, about her diet. Today she continues vegetarianism with her husband, Robert, an oral surgeon at St. Mary Mercy Hospital in Livonia, and their three children. She teaches physical education and has a bachelor of science degree in physical education and

health and nutrition.

He father-in-law has been a vegetarian all his life. He is now 78.

"It's just a smart way to go," Dr. Weaver said. "The research shows that the less meat you eat and the more fruits and vegetables you eat, you significantly lower your risk of cancer, heart disease and diverticulitis."

He rattles off study after study that reflect those findings. There's a study of Seventh day Adventists in California and another in Framingham, Mass. Other studies include 80,000

nurses, one in China, and one at Wayne State University of prostate cancer patients and the effect of consumption of lycopene, found in tomatoes, which showed significant improvement in the patients, Weaver said.

"There's just oodles of evidence of cancer prevention," Weaver said.

Some who are concerned about where they may obtain calcium or iron if they give up meat and dairy products. But there are sources in vegetables to get those nutrients, the Weavers

said.

"There's as much calcium in a cup of broccoli as a cup of milk," said Dr. Weaver. "There's also calcium in spinach, collard greens and soy milk."

Legumes and grains are excellent sources of proteins, said Jennie Weaver.

More than 40 vegetarian diaries will be created from dairy, non-dairy and soy substitute entrees. Cookbooks will be available with recipes from this year's event. This year's event will focus on whole grain recipes.

## Sample some of this chili

See related column by Ken Abramczyk on Taste front.

### EL FUEGO CHILI

4 pounds diced beef chuck

1/3 cup vegetable oil

One small onion, small dice

2 tablespoons garlic, ground

1/3 cup flour

1/3 cup chili powder

2 tablespoons cumin

1 tablespoon oregano

1 tablespoon Jamaican jerk seasoning (Walkerswood)

1 teaspoon cayenne pepper

1 tablespoon granulated sugar

2/3 cup beef stock

1 bay leaf

5 1/3 cups tomatoes, diced

Place vegetable oil in a heavy gauge pot over medium heat. Add beef and brown thoroughly.

Add onions and garlic, cook until onions are slightly tender. Add flour and chili powder, cook 5 minutes. Add diced tomatoes (juice and all) and beef stock. Add remaining spices and cook until beef is tender, stirring occasionally to avoid scorching.

Recipe courtesy of Keith Matherly of Butcher Block in Livonia.

## Kapers from page D1

handcuffs and jail cell, set up for the "Sturgeon Bay Correctional Facility." Their secret tri-tip or a good flank steak, says Bob Kyle.

Wes Carlson of Loves Park, Ill., won first place in red chili and salsa categories. Organizers also awarded other finishers in the red chili category as Julie Netser of Seymour, Ind., won second place, and Jim Stoddard from Coppell, Texas, won third. Georgia Weller of Bloomfield Hills won fourth place and Jenn Simmons, Florissant, Mo., took fifth.

But the regional cookoff itself

is a nice slice of Americana on a fall weekend.

And it's all for a great cause, too. Organizer Annette Horn said about \$12,000 - money raised from the sales of chili bowls to the public and Harley Davidson Motorcycle Show of that same day - will be donated to the Rainbow Connection, an organization that helps grant wishes to seriously ill children.

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